

**2019 Minutes SoAZ Intergroup of Overeaters Anonymous**  
**December 21, 2019 | www.oasouthernaz.org**

**Attendance:** Emily R-S., Chair; Linda J, Vice Chair; Cheryl L., Treasurer; Jill S., Jr. RR/Delegate; Joy V'M, Website; Liz D., PIPO; Janis R., IR Trainer; Jan F., Meeting List; June P., IR; Nan B., IR; Barb M., IR; Jane C, IR; Greg M., IR; Jan H., IR; Cynthia N., IR; Andrea D., IR; Marilyn B., IR; Nancy R., IR; Bill B, new IR; Judy G, IR via phone; Jodi M, IR via phone, Sheila A ,visitor.

**Call to Order:** At 10:45 AM by Emily R-S., Chair, asked those in attendance to silence their cell phones and led the Serenity Prayer. Introductions and Sign-in happened while reading 12 Traditions and the long form of Concept of the Month. Two members are attending remotely thru freeconferencecall.com.

**Minutes [Chris N]:** The minutes from the November 16, 2019 IG meeting were accepted as submitted electronically by Chris.

**Treasurer's Report [Cheryl L.]:** 7th Tradition envelope and mail passed.

- Our income for November was \$1,701.76 (which includes \$524.15 from retreat basket raffle, drinks and clothing sales). Expenditures for November were \$1,088.70.
- The bank balance and checkbook balance on 11/30 were \$11,875.97.
- As soon as the year ends, I will balance the books and adjust the budget, based on today's budget vote, and notify committee chairs what their 2020 budgets will be.
- It has come to my attention that I didn't post or print the updated donation form that has the new address for the Region 3 treasurer. I have brought copies and will have Joy put it on the website. I will send the new form to any group treasurers on my list. I ask IR's to please let me know if your treasurer has changed in the last few months.
- I am seeking 3 or 4 volunteers for the annual audit. Every January our Intergroup does an audit in which random transactions are looked at to check for accuracy and the required documentation. I will be there to provide information and the committee members do the auditing. There is no special skill needed to participate in this ad hoc committee. I think it will take about 1½ to 2 hours.

### **Committee Reports**

#### **Region 3 Representatives/World Service Delegates' Report [Randi F. Sr. Delegate; Jill S. Jr. Delegate]**

- 1) Committee work proceeding on Bylaws committee. Latest rewrite of Policy Manual was completed on Monday November 11 to be presented to the full Region III assembly in the spring.
- 2) Met with Nan and Jill to organize setting up generic email addresses. Identified all addresses that need to be created. Gmail requires a name and phone number in order to set up the email addresses and there is a limit on the number of email addresses that can be created with a single phone number. Committee determined that it was better to publish guidelines and let each meeting set up their own email according to the guidelines. It's important that (1) the IR Trainer and the Website Chair have a complete list so that the IG web site can be kept current and (2) The WSO list be kept up to date.
- 3) Met with incoming Junior Delegate to educate her on the responsibilities of the position.
- 4) From "A Step Ahead"
  - a. Save the date for 2020 World Service Business Conference April 20-25, 2020 in Albuquerque. Initial documents are on the WSO web site. Deadline for submission of motions is December 10, 2019. Deadline for delegate registration is February 10, 2020.
  - b. World Service Convention will be August 20-22 in Orlando. To receive electronic announcements and updates, send an email to [conventioninfo@oa.org](mailto:conventioninfo@oa.org) and list your full name, email address and US state.
  - c. Lifeline will cease publication in December 2020. Deadline to purchase a print subscription is December 17, 2019 and deadline to purchase an online subscription is December 31, 2019.
- 5) From WSO Newsletter (October) New pamphlet Welcome Back: Suggestions for Members in Relapse and for Those Who Care helps identify the thoughts and actions that can keep us in relapse and suggests alternate thoughts and actions to get us back on the path to recovery.
- 6) A heartfelt thanks to Jill for her guidance and service.

#### **Public Information/Professional Outreach (PIPO) [Liz D.]:**

- Car Kits
- Casino Del Sol Health Fair Jan.14 -15, 2020
- Pascua Yaqui Tribe Health Fair Jan.24, 2020
- Town of Oro Valley Health Fair Feb.11, 2020
- M.E.B. Property Mgmt. Health Fair Feb. 25, 2020
- Class with UofA Medical Students May 7, 2020
- Yuma had Community College Health Fair
- Distributing literature to all Tucson Libraries in process
- OA Poster Alano Club Green Valley
- OA Literature.to My Primary Doctor
- Visited Pima Council on Aging
- OA Meetings
- A variety of General Public Places

**Meeting List [Jan F.]:** The following changes were made.

- The Tucson Sunday Newcomers meeting meets at St. Frances Cabrini Church, Ed. Bldg. Rm 3, 3201 E. Presidio.
- Liz G. is the new IR for the Tucson Monday Far East Abstinence meeting.
- The Tucson Tuesday NW Tender Solutions meeting will not meet on Christmas Eve 12/24/19 or New Year's Eve 12/31/19.
- Bill B. is the new IR for the Yuma Saturday meeting.

Intergroup Representatives please check the information on the paper lists and let me know if there are any changes or corrections. Thanks.

### **Newsletter [open]**

**Phone [Leslie S.]:** Intergroup was billed for **19** telephone calls, **5** messages were left, **5** calls were returned.

**Special Events [Beth M., excused]:** The thank-a-thon was great. 7th tradition collected \$185.00. expenses were about \$26.00. I did not attend IDEA day but understand the event could have used more support. \*Jan F. reported 9 people attended from Bisbee and Sierra Vista, the income raised covered the rent and they cancelled their afternoon session due to attendance.

**Retreat [Becky R., excused]:** Retreat committee will be meeting in January.

### **Region 3 2021 C & A [Michael A. and Jill S.]:**

- Planning Committee: Almost all of the leadership positions for the different 2021 C & A committees have been filled. We are still looking for a PIPO chair for the C & A and an assembly assistant to help Roni B. Welcome, to John W. who has agreed to be the transportation chair!
- Meeting Schedule: We will be having our next meeting on December 21, 2019 @ 12:20pm, after IG. The next meeting scheduled is for Feb. 15<sup>th</sup> @ 12:20pm. All are welcome to attend. Please feel free to bring your lunch.
- Purpose & Mission: The following is the mission statement for our convention and assembly...Have an open, fun Tucson-themed convention and assembly where people feel safe sharing about recovery from compulsive eating. Have attendees hear new things, see new things and help individuals feel refreshed, enriched and motivated to continue in recovery. Provide connection and fellowship to all attendees, including OA newcomers.
- Voting on a Theme! We will be voting on a theme for the C & A today. The theme choices are: Bloom in the Desert, Act AZ if, and Willpower to Higher Power. Votes will be tallied and announced at the end of the C & A meeting today. All are welcome to come and vote! Today, we will also be asking for feedback of whether or not the committee members would like to have a DJ for the Saturday night event at the C & A.
- Hotel Information: We have chosen the Double Tree on Alvernon to host the 2021 Convention. The hotel contract is signed and approved by Region 3's Vice Chair! What a relief! Thank you to Michael for wrapping this up!
- Region 3 Conventions: Registration will be starting on Save the Date cards to hand out to delegates at the March Assembly and Convention held in Tulsa, Oklahoma.

### **Twelfth Step Within [Janis, Acting]:**

- Although there is no current chairperson for this committee, activities to carry the message are still happening.
- Joy has completed the 12 step study meetings held the first Saturday of every month this year.
- Janis is leading the 12-step study in Green Valley with Step 9 completed on Thursday December 12th.
- I sent an email to all We Care members who provided email addresses on the We Care list on Dec. 5th asking for them to calendar the twelfth for outreach calls for TSW Day. On the morning of the 12th I sent an email to many people in my contacts list as another reminder to make outreach calls. I received about 3 calls and 3 texts/ emails myself on the 12th.
- I'm planning the Open House at Feb. Intergroup's meeting and flyers are here today. On January 16, I am hosting a sponsorship discussion in my home. Flyers were available at the Nov. Intergroup meeting.

### **Website [Joy V.]:**

Posted on the OA Website: Current Meeting List for December; November 2019 Call to Action; November Agenda

Documents to be Added: December Minutes (when approved); December Agenda; December Call to Action

Action Taken Since November Intergroup Meeting: Updated information about the 12 in 12 to be held in 2020, letting folks know that the sessions are full but to contact us should they wish to be placed on a waiting list.

**Questions:** Janis mentioned that the date on the flyers for the IG Open House needed to be corrected from 2/16 to 3/21. Chris asked if there was a process to find out how the 12/12 outreach text/call email worked. Informal tally at IG was ~½ members did outreach due to the email.

Greg asked PIPO if we had PSA's currently. Have in the past but just SV and Yuma Theatre ads. PIPO questioned if a member took the 'car kit' was to be given as individual pieces of information or as a packet to doctors, gyms, etc. Either, member decides. Bill B mentioned that unless you pre-cut the tear off tabs of the poster with phone # to Tucson OA, it typically ruins the poster (more than the tab is removed).

### **IR Trainer [Janis R.]:**

IRs present 14 (2 remote) Sheila will vote for Cris Poole for budget vote.

- I shared the Call to Action with all IRs and asked for information about newcomers.
- I sent a reminder email about today's Intergroup meeting and the budget motion review. During the last month I shared the WSO Bulletin.
- I sent emails to all IRs with documents for today's meeting. I will share at the January meeting the 2019's newcomer information about where newcomers heard about OA.
- Bill B is joining us as a new IR and I created a binder for him. Liz G is a new IR from the Monday Far East Abstinence meeting. I called 2 IRs who have been missing for a while. One is continuing as IR and I shared the call-in number with her. I left a message for the second IR. Her email is unreachable. I've had no response.
- I sent out a message to all on the We Care list for 12/12 TSW day and asked them to make calls. I also sent a reminder to all in my contacts list on 12/12.
- Deb will be taking over IR Trainer responsibilities in 2020 and I am turning over supplies to her and training her.
- Mail/hand deliver information to meetings not represented

### **Old Business:**

2020 Budget Motion read by Emily. A vote was taken, 12 IR's present and voting, budget passed unanimously.

A 'friendly' amendment was proposed by Janis R. and the budget committee to increase the TSW budget line an additional \$484 (\$1015 total) to come from the outreach grant budget line due to increase to 2 12 Step Workshops scheduled/needed workbooks/rent in 2020. Cheryl mentioned there was ~\$399 in this line. It was suggested that the needed funds come from the excess to be divided after the first of the year. (Policy 9/18...all monies above the needed current year's Operating Reserve will be disbursed by a mechanism to be determined by the Fellowship (donating or spending). This should happen by the end of January when final year-end figures can be determined.) An experienced IR/trustee reminded IG that the amendment needed to be voted in before the budget could be voted on.

The first vote was accepted as confirmation of the friendly amendment.

A second vote was called for the amended budget with 11 IR's present and voting, passed unanimously.

### **New Business:**

IG Inventory explained and distributed by Emily. Two questions concerning events and website for the group and the rest concerning the IR experience. Requesting return for January IG.

Jane C. and June P. volunteered for the ad hoc Audit Committee for review of bookkeeping before next IG. Cheryl needs one more as she only provides information.

**Vision and Goals #4** Financial Health read by Linda J. Donation forms on drive with new R3 address plus hard copy here.

7<sup>th</sup> Tradition pamphlet sent to group treasurers previously.

**Group Handbook** page 20-22 Getting things done in your OA Group-Item #7,8 and 9

### **Announcements**

Joy circulated a SHHH request from meetings/members for contributions/pictures for a Sally Hicks memory book. (deadline 12/28)

Christmas meetings are being held at 7:30 am (St. Francis Cabrini) and 11:30 am (Streams in the Desert)

January 11, 2020 10:45-12:15pm, Intergroup, St. James Church, Board meeting 10:00am

January 11, 2020 1pm, Retreat Committee Meeting, St. James Church

January 16, Sponsorship Fireside Chat, contact Janis R (520) 325-4441 for information.

February 14-15, 2020 Yuma Big Book Study Workshop (see flyer and announced by Bill B.)

February 22, 2020 Unity Day 10:30am-3pm. Flyer in January

New BB Study Meeting: Thursdays at 7:00 PM, beginning December 12, 2019 at Abounding Grace Church, 2450 S Kolb Rd

Meeting adjourned at 12:15 PM with the Responsibility Pledge.

Respectfully submitted,  
Chris Nunn, Secretary